

Plant Medicine in Practice: Using the Teachings of John Bastyr

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Abstrak

This highly readable and practical herbal text is based on the teachings and practice of John Bastyr, the famous naturopathic physician. This is a unique and practical insight into the work of a key figure in the development of herbal medicine and the naturopathic tradition. Highly readable, the text includes clinical pointers, and will be a welcome and unique addition to the tradition of herbal medicine.